

# FOCUS

O N N U T R I T I O N

## THE POWER OF ADAPTOGENS

An adaptogen is an herb that increases your body's ability to adapt to stress and rapidly changing conditions. We're all aware that herbs have amazing properties. Teas can help relieve headaches or soothe sore throats. Many plants help relieve physical pain or depression. Even pharmaceutical companies recognize the power of herbs, and many companies extract compounds from herbs in order to produce medicines and treatments that help with blood pressure, diabetes, and mental health. Despite the role of herbs in our everyday life, people often don't know about the amazing adaptogenic properties that many herbs have. That knowledge can transform the way you live and feel.

### Five Traits That Set Adaptogens Apart

#### 1. Adaptogens benefit your entire body

It's peace of mind. In a perfectly health-conscious world, the best way to get our vitamins and nutrients would be from food. Some people are disciplined enough to eat right, but most Americans are consistently unhealthy, consistently eat out and consistently eat nutrient-free food. For this group, the best way to create health security is to supplement.

#### 2. Adaptogens benefit people from all walks of life

While the first adaptogens were used by the ancient Chinese and Russian peoples, today's adaptogens are used by people from all walks of life: professional athletes, CEOs, doctors and everyday people. Whether they're looking to reduce the stress related to athletic performance or the stress associated with the hustle-bustle of everyday life, adaptogens help all of them reach new levels of wellness and performance.

#### 3. Adaptogens help restore balance

Great for dealing with fatigue, stress and anxiety, adaptogens help your body achieve its natural equilibrium. That's why a diet rich in adaptogens helps keep you quick on your feet and at the top of your game. If you've ever felt "out of whack" or "slightly off," you know exactly how much better you feel when your body is in its natural equilibrium.

## PRODUCT CORNER

### Primorye<sup>®</sup>

This exclusive adaptogenic formula has helped people from all walks of life, from professional athletes to everyday people, reach new levels of wellness and performance.

**Buy Today! Call 800.333.7374  
or Go Online at [Oxyfresh.com](http://Oxyfresh.com)**

#### 4. Adaptogens are natural

They're not pills, so they aren't developed in labs or created by scientists. They're not genetically modified mystery plants. In fact, adaptogens can easily be found in the wild, especially in the lush, isolated Primorye region of eastern Russia. But if you can't get to Russia, you can always find them in the gardens of millions of people who turn to natural and safe solutions for their mental and physical wellbeing.

#### 5. Adaptogens are safe

More than 7,000 medical compounds in modern pharmacology are derived from plants, but because most adaptogenic plants are only found in isolated parts of Asia, it wasn't until the 1940s and 1950s that Western scientists were able to study them in depth. Unlike many medicinal herbs, adaptogens are nontoxic, and they've been in continual use for hundreds of years. This long track record coupled with decades of rigorous scientific study has cleared the way for people to discover safe, effective, and natural ways to deal with stress.

#### Closing Thoughts

Armed with this information, Oxyfresh began a crusade to bring these amazing adaptogens to you. Nutritional scientists in the United States, Canada and Russia worked with Oxyfresh to isolate select adaptogenic herbs and combined them in an exceptional health and performance-boosting product line named for its home, Primorye. Find out how Primorye can benefit you, and see what true balance feels like.

# Primorye Gold®

Conquer stress with fast-acting Primorye GOLD®, formulated especially for those stressful or demanding situations to reduce tension and provide an immediate calming effect.

**Buy Today! Call 800.333.7374 or  
Go Online at [Oxyfresh.com](http://Oxyfresh.com)**

## 100% money back guarantee

At Oxyfresh, we stand behind the superior quality of our health and wellness products with a 30-day guarantee.

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TODAY!**